



National Nutrient Database for Standard Reference  
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Full Report (All Nutrients) 09149, Kumquats, raw

Report Date: June 30, 2017 11:56 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:7% Refuse Description: Seeds

Nutrient	Unit	1			1 fruit without refuse	
		Value Per100	Data points	Std. Error	19g	g
<b>Proximates</b>						
Water <sup>1</sup>	g	80.85	2	--	15.36	
Energy	kcal	71	--	--	13	
Energy	kJ	296	--	--	56	
Protein <sup>1</sup>	g	1.88	2	--	0.36	
Total lipid (fat) <sup>1</sup>	g	0.86	2	--	0.16	
Ash <sup>1</sup>	g	0.52	2	--	0.10	
Carbohydrate, by difference	g	15.90	--	--	3.02	
Fiber, total dietary <sup>1</sup>	g	6.5	2	--	1.2	
Sugars, total	g	9.36	--	--	1.78	
<b>Minerals</b>						
Calcium, Ca <sup>1</sup>	mg	62	2	--	12	
Iron, Fe <sup>1</sup>	mg	0.86	2	--	0.16	
Magnesium, Mg <sup>1</sup>	mg	20	2	--	4	
Phosphorus, P <sup>1</sup>	mg	19	2	--	4	
Potassium, K <sup>1</sup>	mg	186	2	--	35	
Sodium, Na <sup>1</sup>	mg	10	2	--	2	
Zinc, Zn <sup>1</sup>	mg	0.17	2	--	0.03	
Copper, Cu <sup>1</sup>	mg	0.095	2	--	0.018	
Manganese, Mn <sup>1</sup>	mg	0.135	2	--	0.026	
Selenium, Se	µg	0.0	--	--	0.0	

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fruit without refuse 19g
<b>Vitamins</b>					
Vitamin C, total ascorbic acid <sup>1</sup>	mg	43.9	2	--	8.3
Thiamin <sup>1</sup>	mg	0.037	2	--	0.007
Riboflavin <sup>1</sup>	mg	0.090	2	--	0.017
Niacin <sup>1</sup>	mg	0.429	2	--	0.082
Pantothenic acid <sup>1</sup>	mg	0.208	2	--	0.040
Vitamin B-6 <sup>1</sup>	mg	0.036	2	--	0.007
Folate, total <sup>1</sup>	μg	17	2	--	3
Folic acid	μg	0	--	--	0
Folate, food	μg	17	2	--	3
Folate, DFE	μg	17	--	--	3
Choline, total	mg	8.4	--	--	1.6
Vitamin B-12	μg	0.00	--	--	0.00
Vitamin B-12, added	μg	0.00	--	--	0.00
Vitamin A, RAE <sup>2</sup>	μg	15	2	--	3
Retinol	μg	0	--	--	0
Carotene, beta <sup>1 2</sup>	μg	0	2	--	0
Carotene, alpha <sup>1 2</sup>	μg	155	2	--	29
Cryptoxanthin, beta <sup>1 2</sup>	μg	193	2	--	37
Vitamin A, IU <sup>2</sup>	IU	290	2	--	55
Lycopene	μg	0	--	--	0
Lutein + zeaxanthin	μg	129	--	--	25
Vitamin E (alpha-tocopherol)	mg	0.15	--	--	0.03
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	μg	0.0	--	--	0.0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.103	--	--	0.020
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000

Nutrient	Unit	1				1 fruit without refuse 19g
		Value Per100	Data points	Std. Error		
12:0	g	0.000	--	--		0.000
14:0	g	0.004	--	--		0.001
16:0	g	0.090	--	--		0.017
18:0	g	0.004	--	--		0.001
Fatty acids, total monounsaturated	g	0.154	--	--		0.029
16:1 undifferentiated	g	0.021	--	--		0.004
18:1 undifferentiated	g	0.137	--	--		0.026
20:1	g	0.000	--	--		0.000
22:1 undifferentiated	g	0.000	--	--		0.000
Fatty acids, total polyunsaturated	g	0.171	--	--		0.032
18:2 undifferentiated	g	0.124	--	--		0.024
18:3 undifferentiated	g	0.047	--	--		0.009
18:4	g	0.000	--	--		0.000
20:4 undifferentiated	g	0.000	--	--		0.000
20:5 n-3 (EPA)	g	0.000	--	--		0.000
22:5 n-3 (DPA)	g	0.000	--	--		0.000
22:6 n-3 (DHA)	g	0.000	--	--		0.000
Fatty acids, total trans	g	0.000	--	--		0.000
Cholesterol	mg	0	--	--		0

#### Amino Acids

#### Other

Alcohol, ethyl	g	0.0	--	--		0.0
Caffeine	mg	0	--	--		0
Theobromine	mg	0	--	--		0

#### Flavonoids

##### Flavanones

Naringenin <sup>3</sup>	mg	57.4	3	0		10.9
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##### Flavones

Apigenin <sup>3</sup>	mg	21.9	3	0		4.2
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#### Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA Nutrient Analysis of Specialty Fruit Marketed in the United States, 1987 Beltsville MD

<sup>2</sup>A Honnava, W Rogers, R R Eitenmiller Provitamin A activity of specialty fruit marketed in the United States., 1990 J. Food Composition and Analysis 3 pp.119-133

<sup>3</sup>Sakakibara, H., Honda, Y., Nakagawa, S., Ashida, H., and Kanazawa, K. Simultaneous determination of all polyphenols in vegetables, fruits, and teas, 2003 J. Agric. Food Chem. 51 3 pp.571-581